DEEP FAT FRYING

PRACTICAL POINTS ON DEEP FAT FRYING.

1. The best fats to use for frying are olive oil, lard, beef drippings or Crisco. 2-3 lard and 1-3 beef drippings give good results.

2. A scotch bowl is excellent for frying as a large amount of fat is not required to fill it. A kettle should never be filled within more than two inches of the top.

3. A frying basket to hold articles is very convenient. Absorbent paper is used for draining.

EGGING AND CRUMBING.

1. Dip article into fine dry bread crumbs, and let dry thoroughly.
2. Dip into slightly beaten egg to which has been added 1/4 water for each egg.
3. Dip into fine bread crumbs, and let dry for 20 to 30 minutes.

TEST FOR TEMPERATURE.

Heat fat until a faint blue smoke arises. Test temperature by dropping in a small portion of the food or a cube of bread.

Slip articles into the kettle; stir or turn if necessary and cook until a golden brown and until the article is cooked through to the center.

When cooked, shake the fat from article and then drain on absorbent paper.

- Doughnuts should cook from 3 to 5 minutes.
- Croquettes should cook in 1 minute.
- Fish balls should cook in 1 minute.
- Fritters should cook from 3 to 5 minutes.
- Raw potatoes should cook from 4 to 8 minutes.
When articles are cooked strain the fat through a cheese cloth, wipe out the kettle with soft paper, wash in soda water and return the fat to it.

Remember that if fat is heated to high temperatures, a partial decomposition results. Fatty acids are liberated and fumes are given off which irritate the nose. Overheated fat has lost its sweet, pleasant flavor.

**DOUGHNUTS.**

<table>
<thead>
<tr>
<th>1 c sugar</th>
<th>4 t baking powder</th>
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<tr>
<td>3 T shortening</td>
<td>1/4 t cinnamon</td>
</tr>
<tr>
<td>3 eggs</td>
<td>1/4 t grated nutmeg</td>
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<tr>
<td>1 c milk.</td>
<td>1 1/2 t salt</td>
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Flour to roll

Cream butter until light; add 1/2 the sugar, add beaten egg and remainder of the sugar. Add a part of the flour sifted with baking powder, salt and spices; add enough more flour to make dough stiff enough to roll. Fry in deep fat and drain on paper.

**FRITTER BATTER.**

<table>
<thead>
<tr>
<th>2 c flour</th>
<th>2 eggs</th>
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<tr>
<td>1/2 t salt</td>
<td>2-3 c milk</td>
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<tr>
<td>2 t baking powder</td>
<td>4 T melted butter</td>
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Sift dry ingredients. Add beaten egg, milk and melted butter.

To make apple fritters, add apples which have been pared, cored and cut into eighths. Drain on absorbent paper and sprinkle with powdered sugar.

Bananas, oranges, pineapple, veal, chicken or corn may be added in the same way.

**CODFISH BALLS.**

<table>
<thead>
<tr>
<th>1 c salted codfish</th>
<th>2 t butter</th>
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<tr>
<td>1 egg</td>
<td>2 c potatoes</td>
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<tr>
<td>pepper</td>
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Soak fish in water and break into small pieces. Cook the fish with the potatoes cut in pieces. When potatoes are soft, drain, shake over fire to dry and then mash. Add the beaten egg, butter and pepper and salt if needed. Beat. Drop by spoonfuls into deep

All measurements are level. c-cup; t-teaspoon; T-tablespoon.
fat or shape into croquettes, roll in egg and crumbs and fry in deep fat.

POTATO CHIPS.

Wash and pare potatoes. Cut into very thin slices. Let stand in cold water 20 min. Dry potatoes in a towel. Fry in deep fat until light brown. Drain on paper and sprinkle with salt.

FRENCH FRIED POTATOES.

Wash and pare small potatoes, cut into eighths lengthwise. Soak in cold water 1 hour. Dry between towels. Fry in deep fat till golden brown. Drain on absorbent paper. Sprinkle with salt.

POTATO CROQUETTES

2 c hot riced potatoes 1 slice onion grated
2 T butter yolk 1 egg slightly beaten
½ t salt cayenne pepper or paprika

Mix thoroughly. Shape into desired form, roll in crumbs, egg and again in crumbs.

(1-3 c grated cheese and 2 T milk may be added to the above mixture).

RICE CROQUETTES.

2 c cooked rice ½ t salt
3 T milk 2 egg yolks
1 T butter little pepper and cayenne

Place rice in double boiler with milk and steam until rice is softened. Add butter and beaten egg yolks, and cook until the egg thickens. Spread mixture on a shallow plate to cool; then shape into rolls. Roll in crumbs, egg and crumbs and fry in deep fat. Serve with jelly.

VEAL CROQUETTES.

2 c chopped cooked veal Cayenne or paprika
½ t salt grated onion
pepper 1 egg yolk
1 c thick white sauce

Mix ingredients thoroughly, cool, shape, crumb, egg and crumbs. Fry in deep fat.
CHICKEN CROQUETTES.

2 c chopped cooked chicken   cayenne
½ t salt                    1 t lemon juice
celery salt               ½ t finely chopped parsley
1 c thick white sauce

Mix ingredients; shape, crumb, egg and crumb. Fry in deep fat.

QUEEN FRITTERS.

¼ c butter (scant)        ½ c flour
½ c boiling water         2 eggs
marmalade or jelly

Pour water over melted butter and bring to boiling point. Add flour all at once and stir until mixture clings to spoon. Remove from fire and add eggs unbeaten, one at a time. Beat thoroughly. Drop by spoonfuls into deep fat. Fry until well browned. Open and fill with jelly or marmalade. Sprinkle with powdered sugar.